

Youth Mental Health First Aid

Resources to recognize and help troubled youths



Do you volunteer and Interact with Youth? (ages 12-18)

Adolescence brings changes that often signal mental health issues. Sorting them out from normal changes can be tricky. Learn to identify the warning signs of mental health problems in adolescents and how to help an adolescent experiencing a mental health challenge

September 15, 2015

8 am – 4 pm

New Hampshire Department of Education, Room 15

Youth Mental Health First Aid USA is an 8-hour program which introduces participants to the unique risk factors and warning signs of mental health problems in adolescents. It builds understanding of the importance of early intervention and teaches individuals to help an adolescent in crisis or experiencing a mental health challenge.

What will participants learn?

The course teaches participants the risk factors and warning signs of a variety of mental health challenges common among adolescents (ages 12-18) including depression, psychosis, eating disorders, ADHD, disruptive behavior disorders and substance use disorder. Participants **do not** learn to diagnose, nor how to provide any therapy or counseling. Rather participants learn to support a youth developing signs and symptoms of a mental illness or in an emotional crisis by applying a core five-step action plan:

- Assess for risk of suicide or harm
- Listen nonjudgmentally
- Give reassurance and information
- Encourage self-help and other support strategies

Who should take the course?

The course is designed for adult volunteers who regularly interact with adolescents:

- School and hospital volunteers
- Non-profit volunteers
- Religious educators
- Youth group volunteers (clubs, recreation, 4H, drop-in centers)
- Community sports coaches

How can I register and learn more? To register, <ctrl> click on the following link:

<Ctrl> <https://www.surveymonkey.com/r/BYGNZ6S>

To learn more about Mental Health First Aid training contact Mary Morency at the NH Department of Education, tel: (603) 271-3213, email: mary.morency@doe.nh.gov

Training to be held at NH Department of Education offices at 101 Pleasant Street, Room 15, Concord, NH 03301

Please bring your own lunch